THE MIDNIGHT CREATION OF H-PLUS
(with apologies to H.W. Longfellow & Paul Revere)

Listen my friends and you will hear
How H-PLUS banished limits and fear.
On a blustery night in '87,
Bob Monroe was at "sixes and sevens."

"How to share Hemi-Sync so everyone
Overcomes inertia and joins the fun
Of living fully day by day."
In this life, our dream and play.

He paced and thought, impatient to start
On a plan to free each mind and heart.
Then, all at once, a light shone clear
Across the river of limits and fear.
Bright and clear in his mind this beam,
A way to bridge the gap between -
belief and known

To the lab, at once, he stole,
And taking a seat at his console
Began the search for that special signal
To open the H-PLUS Access Channel.

Then, with the means for all to start
And reach in themselves the deepest part
Which can learn the skills they need to know
For creating the lives they WANT bestowed,
He forged ahead with inspired vision
And carefully scripted his conceptions
To teach us things we never thought
Could ever be controlled or bought.

In quick succession arose in his mind
Mundane concerns that plague mankind.
Sleep, health, pain and learning
How to stay calm while the world keeps turning.

Then he thought it would be nice,
For variety and spice
With a very short command,
To simply breathe in/breathe out and,
Synchronize body and mind,
Or, at will, to search and find
Memories we'd left far behind.

Since the time Bob thought it nifty to RECHARGE and REGENERATE,
And do PLUS-CHANGE, CHANGE to pattern one's fate
The H-PLUS Functions now total fifty.
And as we practice day-by-day to PLUS-RESET, RESET if lazy
Or PLUS-FOCUS, FOCUS if we're hazy
Remember the night when one man's dreams brought into the world a means
Of change - change untold.

5/89   SNB